

Chris Abbott
MINDSET COACH

Prosperity Primer Guide

HOW TO CREATE YOUR 7-FIGURE
MINDSET EVERY MORNING!



Your Morning Routines set the tone for your day which sets the standard for your week and your results! Try this step-by-step guide to create a winning Mindset and routine!

7 Steps to Ignite Your Day like a Seven-Figure Earner!

When examining high achievers, it becomes evident that they all possess a robust and consistent morning routine. They rise early, before anyone else, accomplishing victories even before the world awakens.

The purpose of Prosperity Mornings is to provide you with a competitive edge. So, regardless of your current starting point, implement this morning routine to propel yourself to the next level.

Your morning routine positions you to take charge of the day, ensuring that the day doesn't dictate your actions.



7 Powerful Steps to Prime your Morning Mindset!

Gratitude plays a vital role. Reflect on what you are grateful for—a powerful energy that attracts abundance. Jot down ten things you are grateful for—five that exist presently and five that you anticipate in the future. However, don't merely check this task off; cultivate a genuine sense of gratitude for all aspects of your life and the forthcoming blessings.

Engage your body. Develop the habit of getting physically active first thing in the morning. This stimulates your senses, enhances your well-being, and paves the way for an exceptional day.

Autosuggestion is a remarkable tool that allows you to communicate with yourself effectively. Spend five minutes every morning in front of a mirror, practicing autosuggestion aligned with your goals. This practice implants your desired outcomes into your subconscious mind.

Write down your goal. The act of writing generates emotions, which then spur action and ultimately yield results. Take a moment to sit down and inscribe your goal every single morning.

Follow your autosuggestion practice with five minutes of affirming **"I AM" statements**. By utilizing the two most powerful words in the English language, you affirm your identity and reinforce your true potential.

Study. The importance of continuous learning cannot be emphasized enough in your journey to success. Dedicate 10-15 minutes each morning to reading, listening to a podcast, or an audiobook. Study is the key to gaining fresh ideas, inspiration, and focus necessary for accomplishing your goals.

Meditation. Today is the canvas for your masterpiece. Construct a vivid mental image of the life you aspire to live. Immerse yourself in every aspect of this picture, allowing yourself to experience the emotions associated with living that reality.

Carpe Diem! Seize the Day!

Establishing a morning routine and adhering to it with discipline can transform every facet of your life. It is an investment of time that yields significant returns in terms of success and happiness.

If freedom is what you seek, this morning routine will serve as the launching pad that propels you skyward!



**Make your time count, a life without purpose
is a life without meaning!**

~ Chris Abbott

www.ChrisAbbott.ca